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Nutrition Action Healthletter*

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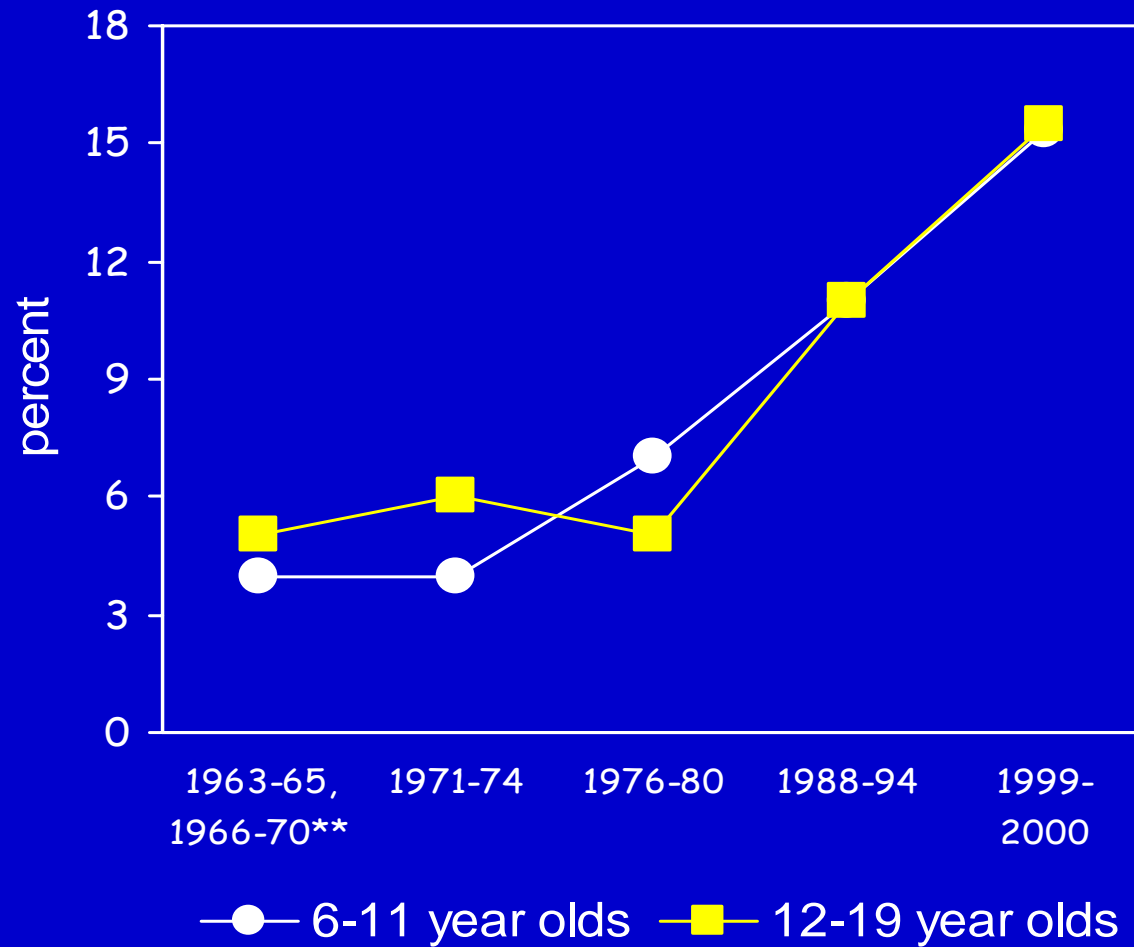
Leading Causes of Death

1.	Heart Disease	709,894
2.	Cancer	551,833
3.	Stroke	166,028
4.	Chronic Lower Respiratory	123,550
5.	Accidents	93,592
6.	Diabetes	68,662
7.	Pneumonia and Influenza	67,024
8.	Alzheimer's Disease	49,044
9.	Nephritis	37,672
10.	Septicemia	31,613
11.	Suicide	28,332
12.	Chronic Liver Dis./Cirrhosis	26,219
13.	High Blood Pressure	17,964
14.	Pneumonitis	16,659
15.	Homicide	16,137

Diet- and Inactivity-Related Diseases Are Expensive

Cancer	\$180 billion
Coronary heart disease	\$112 billion
Obesity	\$117 billion
Diabetes	\$98 billion
Stroke	\$49 billion
Osteoporosis	\$14 billion

Obesity in Children



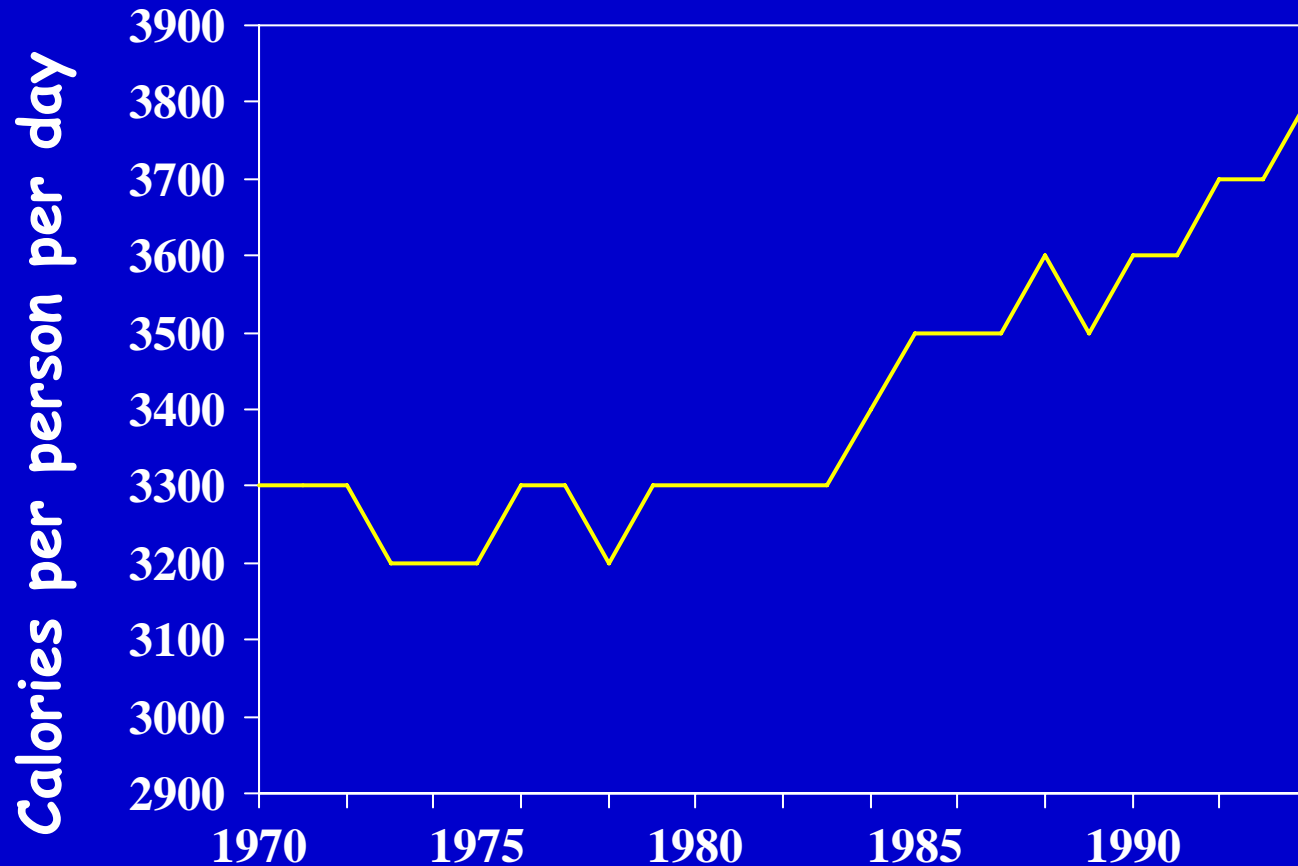
*Obese is defined by the 95th percentile of the sex-specific 2000 CDC BMI-for-age-growth charts.

**Data for 1966-70 is for adolescents ages 12-17.

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Available calories have increased



Restaurant foods

Appetizers

Buffalo Wings (12) w/ Dressing

Calories

1,010

Sat + Trans Fat (g)

22

Stuffed Potato Skins (8)

1,120

40

Cheese Fries (4 c) w/ Dressing

3,010

91

Entrees

French Toast w/ Syrup & Margarine

910

13

Schlotzsky's Chicken Breast Sandwich,
Light & Flavorful (Large)

1,010

4

Spaghetti with Meatballs (3½ c)

1,160

10

Meals

Grand Slam-Type Breakfast Platter

1,010

19

Fried Seafood Platter

2,170

39

BK Double Whopper w/ Cheese

King Size Value Meal

2,180

48

Sweets

Cinnabon (1)

670

14

Fudge Brownie Sundae

1,130

30

Cheesecake Factory Carrot Cake (1 slice)

1,560

23

Portion sizes



7-Eleven Double Gulp

8 cups (64 oz.)

600 calories

Can

1 1/2 c. (12 oz.)

140 calories

Official serving

1 cup (8 oz.)

100 calories



Steak House serving (Porterhouse)

About 1.25 lb.,
cooked (20 oz.)

1,100 calories

Dinner House serving (Sirloin)

About 1/2 lb.,
cooked (7 oz.)

410 calories

Official serving (Sirloin)

About 1/5 lb.,
cooked (3 oz.)

220 calories



Restaurant serving

1/4 lb. (4 oz.)

430 calories

Official serving

1/8 lb. (2 oz.)

190 calories

Nutritional Quality of Restaurant Foods Vary Widely

Starbucks

	<u>Calories</u>	<u>Sat Fat (g)</u>
Caffe Latte w/ Skim Milk, Grande	160	0
Caffe Latte w/ Whole Milk, Grande	260	9
Caffe Mocha w/ Whole Milk & Whip, Grande	400	13
Caffe Mocha w/ Whole Milk & Whip, Venti	490	15
Strawberries & Crème Frappuccino w/Whole Milk & Whip, Venti	770	10

Deli Sandwich

Roast Beef with Mustard	460	4
Tuna Salad	720	8

Dinner House Side Dishes

Vegetable of the Day	60	1
Baked Potato w/ Sour Cream	310	2
French Fries	590	12

The Häagen-Dazs logo is located in the top left corner of the menu. It features the brand name in a stylized font inside a decorative swirl.

Häagen-Dazs

Ice Cream & Sorbet

	Calories	Price
Sorbet, 1 scoop	120	2.95
Low Fat Ice Cream, 1 scoop	170	2.95
Vanilla Ice Cream, 1 scoop	270	2.95
Vanilla Ice Cream, 2 scoops	540	4.95
Vanilla Ice Cream, 3 scoops	810	5.25
Bailey's Irish Cream Shake	960	5.45
Banana Split	1,100	6.35
Dulce Split Dazzler	1,180	6.35
Mint Chip Dazzler	1,270	6.35

◆ Daily Values are based on a 2,000 calorie diet. ◆

Dietitians' estimates of the calorie content of popular restaurant foods

<u>food item</u>	<u>average calorie estimate</u>	<u>actual calorie content</u>	<u>percent difference</u>
Whole milk (1 c)	155	150	3% over
Lasagna (2 c)	695	960	28% under
Grilled chicken Caesar salad with dressing (4)	440	660	33% under
Porterhouse steak dinner*	1,240	1,860	33% under
Hamburger (10 oz.) and onion rings (11 rings)	865	1,550	44% under
Tuna salad sandwich (11 oz.)	375	720	48% under

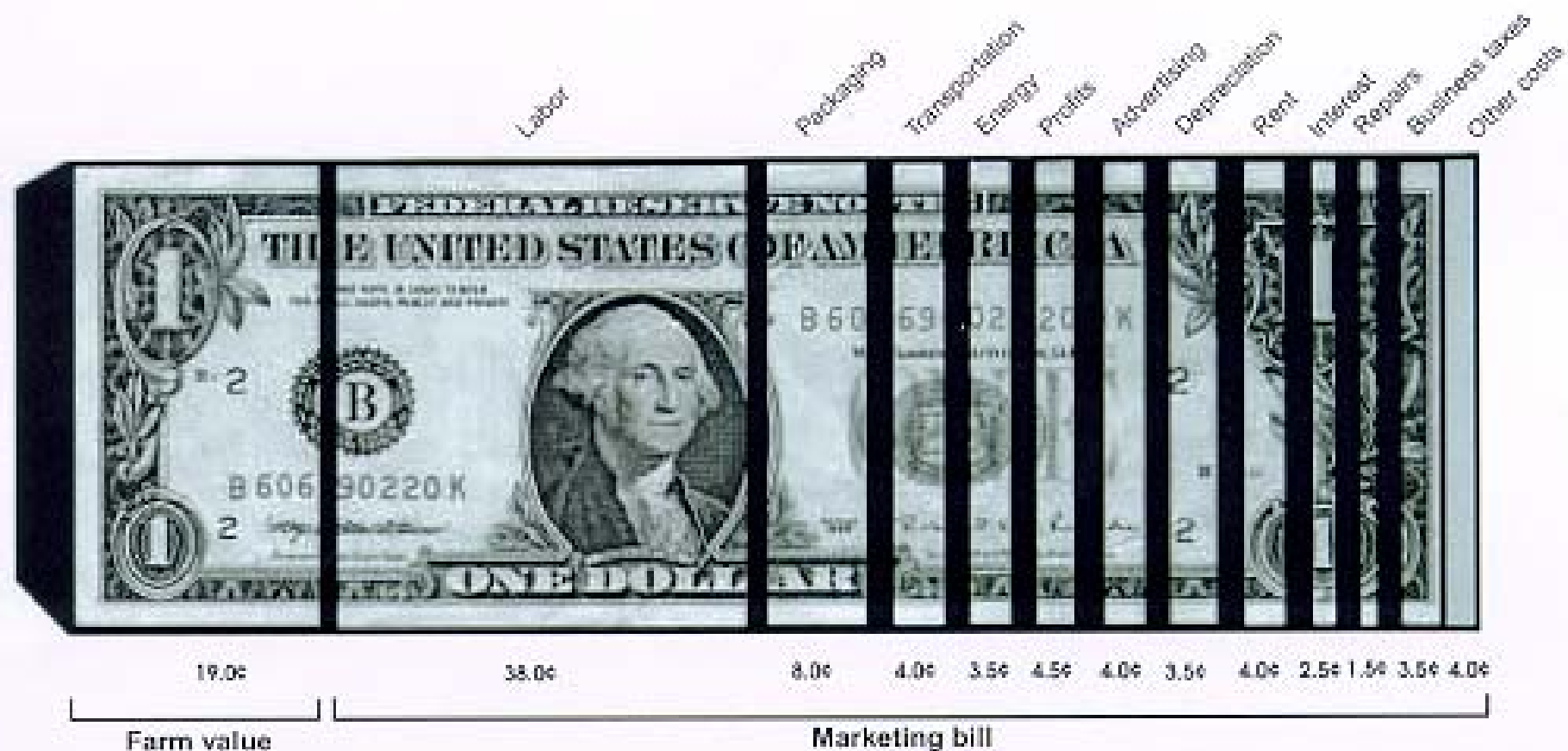
*The dinner included a Porterhouse steak (untrimmed, 20 oz. before cooking) with a Caesar salad (2 cups), vegetable of the day (1 cup) and a baked potato with butter (1 tablespoon).

	<u>price</u>	<u>calories</u>
<u>Cinnabon</u>		
Minibon	\$2.01	300
Classic Cinnabon	\$2.49	670
 <u>7 Eleven</u>		
Gulp	\$.89	150
Double gulp	\$1.26	600
 <u>Theater Popcorn</u>		
Small	\$3.13	400
Medium	\$3.84	900
 <u>Wendy's</u>		
Classic Double w/ Cheese	\$3.32	760
Combo Meal	\$5.28	1,540

From Wallet to Waistline, June 2002

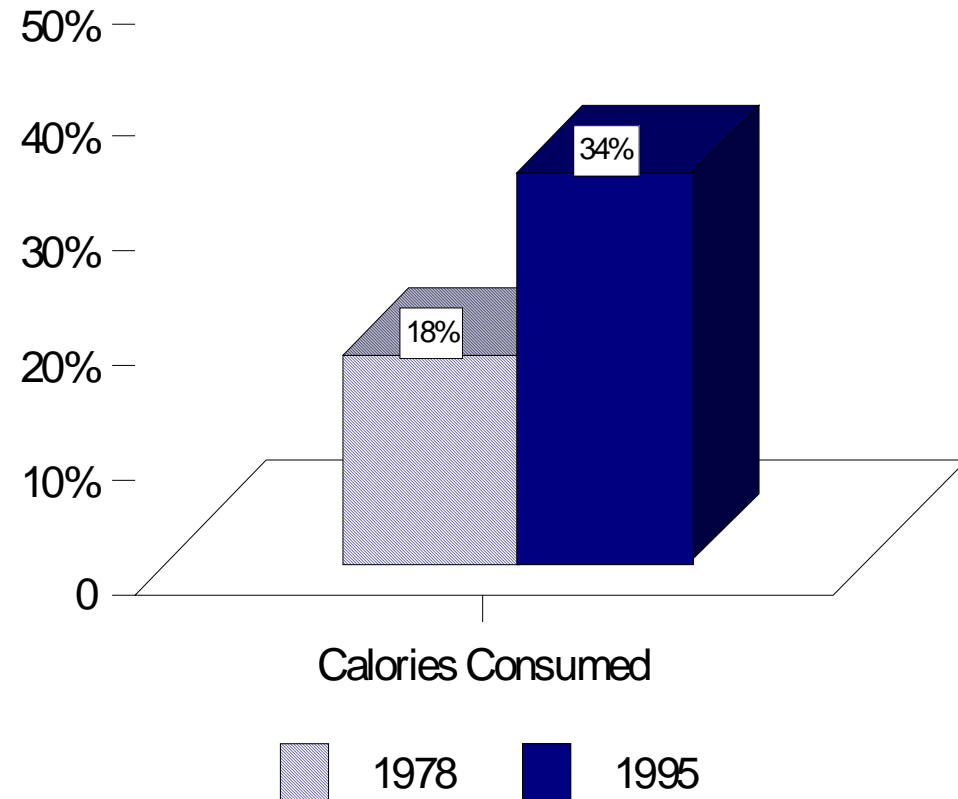
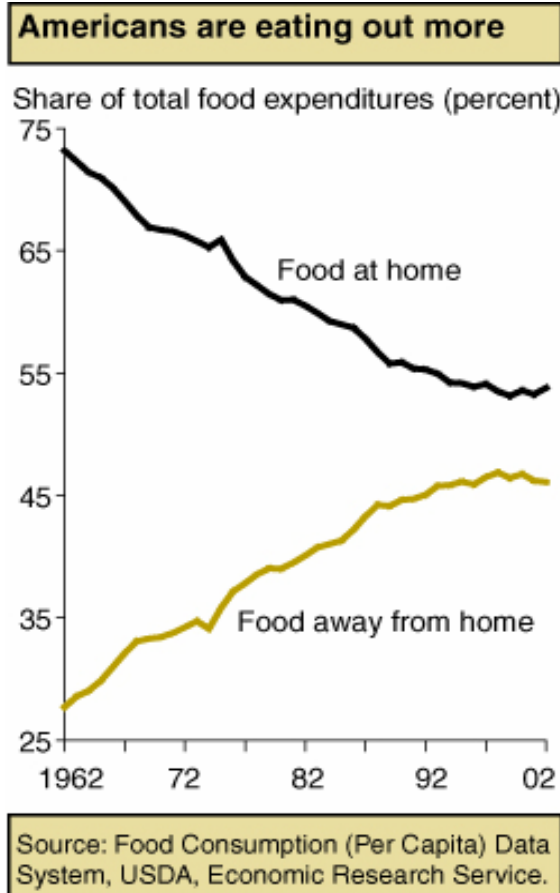
Figure 2

Labor Took Biggest Chunk of Food Dollar in 2000



Source: USDA's Economic Research Service.

Away-from-Home Food Consumption Has Doubled



SANDWICHES**CALORIES****PRICE****HAMBURGER****280****.89****CHEESEBURGER****330****.99****FILET-O-FISH®****470****1.99****CRISPY CHICKEN****550****2.79****QUARTER POUNDER®****430****2.29****BIG N' TASTY®****540****2.29****BIG MAC®****590****2.39****CHICKEN McGRILL®****450****2.89****DOUBLE QUARTER POUNDER®****760****2.99**

2/3 of
Americans
support calorie
labeling in
restaurants





McDonald's Nutrition Facts

	Amount Per Serving	% Daily Value*
Total Fat	10g	20%
Sodium	100mg	20%
Total Carbohydrate	30g	60%
Dietary Fiber	5g	10%
Sugars	10g	20%
Protein	10g	20%
Vitamin A	1000IU	20%
Vitamin C	100mg	20%
Calcium	100mg	20%
Iron	10mg	20%



NO
SMOKING

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Anyone's Guess

The Need for Nutrition Labeling at
Fast-Food and Other Chain
Restaurants



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